

BRIDGES

WEDNESDAY, MAY 27, 2015

READ MY BOOK:

Why you need a copy of Dead Rock Stars: Illustrated Edition **P. 2**

MUSIC:

Autopilot has its own hard-to-define sound and fans love it **P. 4**

SHARP EATS:

Cookbook gives tips on reducing food waste and saving money **P. 26**

A STARPHOENIX COMMUNITY NEWSPAPER

ONE VOICE ONE GOAL

DEEDEE MALTMAN, WITH THE HELP
OF MIKE BABCOCK, AIMS TO REVOLUTIONIZE
MENTAL HEALTH TREATMENT **P. 6**



FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#WESFUNK

Dead Rock Stars: The Illustrated Edition



Wes Funk

I am experiencing quite the year — full circle and all that.

I began writing *Dead Rock Stars* a decade ago this winter — the book is about a journey and it's taken me on a journey too. It's actually almost my whole world (for the better) ever since day 1, ever since Jim Morrison spoke to me from beyond the grave through a poster in a seed room where it was like he was telling me to go home and write that book (true story).

DRS (as it's commonly referred to) took almost four years to write, one year to get published and it's now been reprinted numerous times and been incorporated into various curricula. *Aspen* AudioBooks holds the audio version and it has been downloaded many times over on Kobo, Kindle and iTunes. But more than any of that, my own sense of self-worth has increased tenfold.

What I truly love about this new illustrated

version is the collaborative efforts involved. Celebrated rock historian Ian Kivie-Hatting spent thousands of painstaking hours drawing the striking images and another local artist, Chris Penner, tackled the cover design. *Dead Rock Stars*, Jay Senaka, penned the forward and Reginald's renowned *Year Nineteen's Worth* Publishing handled the publishing end of things. Though the new classic story is delightfully set in the early 2000s, I feel the tale is timeless — the themes, too — embrace diversity, forgive regrets, be kind, and love rock 'n' roll. Is there really anything more to life than that? Enjoy the ride!

Dead Rock Stars: The Illustrated Edition is available at most bookstores including Senaka's *McViey-Hattington and Inkjet and Reginald's Chapters*. It is also on offer through Kobo, Kindle and iTunes. You can read more about it at www.aspenbooks.ca.



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Devlin Matheson, along with Mike Sabcock, started One Voice on music to raise funds for The Neural Health Project to help those who suffer from mental illness. BRIDGES PHOTO BY LIAM RICHARDS

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MUSIC PG. 6



Colton Peter, Markon Hunter and Joe A. Farnsworth of Saskatoon-based band Airpilot are playing at Arapog on June 5 to promote their new album. SUN AND PHOTO

BRIDGES COVER PHOTO BY LIAM RICHARDS

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MUSIC

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SASKATCHEWAN MUSIC SCENE

Autopilot takes the road well travelled



Autopilot's (from left) Jesse A. Fairclough, Marco Harber and Colin Fene. The band is preparing for a tour south to Texas and back for their latest album, *Desert Dreams*, slated for next

By Sean Trembath

The stage on the route of *Autopilot* is a lot of fun. Desert Dreams — a line rolling down the highway — makes sense for a band that has spent so much time on the road that more people know about them outside their hometown than here.

The Saskatoon band started playing in 2006,

and has toured both Canada and the United States extensively since. Now, with their fourth release just a month old, they're preparing to head south to Texas and back, playing more than 20 shows in a month.

"We try for no days off," Marco Harber, the group's frontman and multi-instrumentalist, says.

Having spent so much time on the road, Harber says there's often people who know them in random cities. He also spends a lot of

time promoting.

"We work hard to try to get the word out before we go, so people know who we are," Harber says.

The band has always done well on college radio. Listening to Desert Dreams, it's not hard to see why. The group's sound is hard to pin down and rewards multiple spins. There's a power pop sensibility but layered guitar lines and an interesting use of effects prevent it from

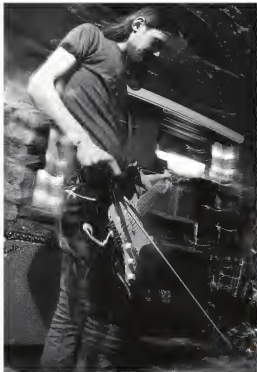
ever becoming saccharine. Harber cites Modest Mouse as his most influence and you can hear it. There's an expansiveness to the record.

Even the players have trouble describing the sound. "I don't even know how to define it. I define it as unique. We have one sound, it's Autopilot," Jesse A. Fairclough, who has drummed in the group with Harber since 2009, says.

He considers it a huge strength and a big part of why people react well to them.

MUSIC

Photo: Justin Brown/Red Bull Music Project; Photo: Justin Brown/Red Bull Music Project



Martin Hender is the frontman for Sucktown band Autopilot. **BRUNO IYERD**

"We have such a weird, unique sound that people are always intrigued by what we do. We have lived our sound music, but no one can really pinpoint what we sound like," he says.

Sweet Dreams, which also features Cohen. The two bands came together very fast according to Purnulids.

"It was one of the fastest albums we've ever recorded. From starting to writing process to being finished recording was only a matter of a couple weeks. Everything just kind of came together."

When asked how he knew it was time to record a new album, Hender was rather direct.

"We had some songs we liked, that we thought were good to release, and when we went into the studio it just went really quickly," he says.

Hender says "us" and "we" when discussing the group, but Purnulids gives most of the credit to Hender.

"For the most part it's him. I give some ideas here and there, but I wouldn't call myself a big part of the songwriting process," Purnulids says.

He says Hender's drive has kept the

group going for 10 years.

"I think Martin's motivation is pretty inspiring and contagious. He's really immersed himself into the music world and tried to make Autopilot actually happen, and keep it going," Purnulids says.

Part of their time building from the where, Hender says they could have put more effort into the hometown crowd. It's not that they're completely unknown, but they aren't necessarily the first name that comes to mind.

"It's our fault. Sometimes we don't focus on Sucktown as much as we should. That's something we're going to do from now on, play a little more live in Sucktown," he says.

Their next chance is coming June 5, when they'll play Kings' as a warm-up for the upcoming tour.

Whatever fan base they can build here, the road is still where Hender's heart is. He stresses for a future as a full-time touring band.

"It takes a while to sustain a living on the road. That's the ultimate goal," Hender says.

www.autopilotband.com
hender@autopilotband.com



Desert Dreams is the fourth release by Sucktown band Autopilot.

ON THE COVER

When you're sick, that doesn't make you weak, it just makes you sick. — Mike Babcock

#ONE VOICE

One goal: reimagining mental health treatment



Derdee Matheson has teamed with Mike Babcock to form One Voice, a charity aimed to help those suffering from mental illness. **SHOOTER PHOTO BY LAM NGUYEN**

By Kendall Latimer

THE CATALYST

Two summers ago, Derdee Matheson and Mike Babcock lost two close family friends to two forms of mental illness.

Within two weeks of each other," Matheson said. "It was such a huge moment."

On July 16, her Beckwith, a ten-year-old and mental health advocate, was stabbed to death by an eight-year-old son. Alvin, who was 21 years old at the time.

On July 30, Jordan Charteris, a 25-year-old who dived into the classroom and sports, stepped from a car driving around 300 km/hr. He had been diagnosed with bipolar disorder five years before.

In a recent interview with Bridges, Babcock said he felt terrible for

young adults forced to suffer in isolation.

"To me, that's the priority here." The two are doing Babcock has known the Charter family for years through hockey. Jordan went to high school and university with Matheson's daughter.

The Beckwiths were prominent mental health advocates in Saskatoon and both Matheson and Babcock knew them socially. They shared many friends in common, their lives intersecting at both Keesee Lake and Saskatoon.

These tragedies have driven Math

I started to put together the pieces of the why. Why do these things happen?

— DeeDee Maltman

THE IDEA

Maltman and Babcock are longtime friends and regular fundraising partners. Babcock called Maltman two days after Chertier's funeral, asking her what they could do for mental health.

Maltman knew it had to be bigger than a single fundraiser. She has practised as a family physician for three decades. In 2010, she went back to school seeking new ways to help patients.

Now, she is the medical director of the Centre for Integrative Medicine at the University of Saskatchewan.

Integrative medicine attempts to find the root cause of disease, instead of focusing on a symptom. It combines all aspects of a person's life. It is a healing-oriented treatment with potential to use patients from the revolving door of the current system.

"It's creating support at the gut level, the microbial level, the chemical level, the social level, the exercise and philosophy level," Maltman said. "We all bring it together."


Multiple things exist, go wrong to create mental disease. It takes multiple things together out of it, she said.

Mental health touches everyone. Those deeply affected are often left searching for answers and grappling with one particular question: Why?

Continued on Page 8



Jordan Chertier, a 23-year-old who excelled in the classroom and sports, ended his life after driving around 200 km/hr. He had been diagnosed with bipolar disorder five years before. SUBMITTED PHOTO



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Mike is all about performance. We all have a performance that we can optimize, and that's what we want to do for mental health. — Maltzman



Mike Babcock is a two-time Olympic gold medal-winning coach of Team Canada and was recently named head coach of the Toronto Maple Leafs. GETTY IMAGES OUTLINE

THE SOLUTION

"I started to put together the pieces of the why. Why do these things happen?" Maltzman said.

Integrative medicine equipped her with new tools. Debra Maltzman said

Maltzman knew the current health care system was overboarded. Maltzman said recognizing people's upstrokes with integrative medicine can lessen that burden. And more patients are seeking alternative forms of medi-

cine, especially for chronic disease.

She began to combine the need for a different approach with her new knowledge. A new mental health initiative evolved for Saskatoon: The Neural Health Project.

The Neural Health Project will study the outcomes of integrative medicine, a "mind/body/spirit" approach to treat mental illness.

Maltzman and her team has started to shift from the century-old biochem-

ical model. She acknowledges great scientific advances, such as vaccines, antibiotics and hygiene, were birthed from the model. It allowed for better quality lives, but it's not the answer for everything.

We need to show it works, we need to prove it works because once it's validated, people will sit up straight and listen — Maltman



Dr. Maltman was killed by his son Alex who suffered from mental illness. (see story on p. 2)

"In some ways, the model limits us because that type of research doesn't lend itself to the broader application of finding out all levels like the mind-body spirit point of view does," Maltman said.

The Neural Health Project, initially an out-patient treatment centre, won't require pharmaceuticals. Instead, it will use them as a last resort to the bigger solution.

Biologic treatment will include but not be limited to, examining microbial gut content, metabolic markers, the pre-natal experience, current stressors and nutrition. Medical tests will be used to rule out conditions like thyroid dysfunction or celiac disease. An emphasis will be placed on the patient psychiatrist role too.

The project can become an example of a new paradigm of medicine, she said, and she has the perfect ally to see it through.

"We're all about performance," Maltman said. "We all have a performance that we can optimize, and that's what we want to do for mental health."

ONE VOICE: THE FUNDRAISER

Everyone has a story about mental health, Maltman said. When people come together with one voice, we can erase the stigma.

"When you're sick, that doesn't make you weak. It just makes you sick," Deborah said. "It's time for a change."

Buckack said more funding is needed for mental health care. The duo hopes to collect \$1 million for their major fundraiser One Voice.

Buckack is a hockey coach, not a doctor, but he can see how mental health affects players, parents and children. It affects everyone. He also knows how challenging it has been for the people in his life to get treated by the right doctors and receive appropriate counselling.

"I can think of nothing worse than suffering in silence."

Scientific research requires money. As soon as they have enough funds, they can begin research, Maltman said.

Continued on Page 10

OVER 65 EVENTS • 7 VENUES • JUNE 18 - 21, 2015



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DOZENS OF ARTISTS, FOUR DAYS, TONS OF PARTIES.
ONE PASS





You've got to love people of the Prairies. They roll up their sleeves to get the job done. I feel like we're raising a barn together. — Maltman



Dr. Dee Maltman (left) and Mike Babcock created the One Voice fundraiser after being friends to mental illness. MEETS PROFESSOR LISA RICHARDS AND GREG PENDER

Once the evidence-based research is validated, they can streamline treatment into the wider community with integrative medicine.

"We need to show it works, we need to prove it works because once it's validated, people will sit up straight and listen," Maltman said. So far donations and support from the community have been abundant.

"You've got to love people of the Prairies. They roll up their sleeves to get the job done," she said. "I feel like we're raising a barn to gether."

Donors will be part of this historical shift in mental health, she said, adding it makes sense for Saskatchewan to be at the forefront of the new approach, since the province has often led the health care industry.

Major sponsors such as Cinesis and a long list of high-calibre athletes and celebrities including but not limited to Michael Landsberg, Chris Hughes, Patrick Morneau, Ryan Getzlaf, Brett Wozniak, Kelly Hrnczyk, Jonathan Jones, Hagley Wickensmeyer and more are already on board with One Voice: The Solution is Canadian

country due based in Nashville, are hooked to perform.

Loomis have donated their bassoon and violin stringing services. People are holding string nights and sports tournaments so they can represent their groups at the event. Someone is growing tomatoes for the salad. Yoga teachers are putting their karma (qig) money toward One Voice.

"There is a better way to celebrate the great people of Saskatchewan than raising money for this issue to mental health," Babcock said.

Once people understand the importance of the Second Health Project, it will be easy to get it done, Maltman said.

All donated funds are to be directed through the University of Saskatchewan and tax receipts will be provided.

"We are not letting this go until we see that it's happening. We're not going to walk away," Maltman said.

The One Voice fundraiser will be held on July 24. See www.thesecondhealthproject.com for more details.



Next week in BRIDGES

Author and co-founder
of the Idle No More
movement Sylvia McAdam
has written a book about
recovering Cree culture
through language



June 2, 2015

Lakelse Church | The city 4 - 6 pm
Lakelse Rd 202 (Minto St,
North Hwy, 1st Street & Bayshore Dr
Tel: 506 374-6255

June 3, 2015

Brian King Centre 4 - 6 pm
202 1st Avenue North
Winnipeg, R3C 5K6 (SAS)
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development. The open
house and provides an
informed introduction to
the planning process and
provides opportunities for
early input into the
Regional Plan.

— ADDITIONAL INFORMATION CONTACT
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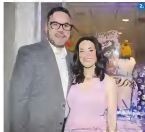
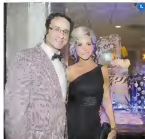
All proceeds are designated to YWCA Saskatoon,
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ON THE SCENE

#OUZOPALOOZA 2015

Supporters of the Saskatoon City Hospital Foundation enjoyed a night in Greece at Ouzopalooza at the Sheraton Cavalier. The party was hosted by the Greek Hellenic Community of Saskatchewan in support of the foundation. Proceeds from Ouzopalooza will benefit the foundation's Bump for Excellence Campaign. The multi-million dollar campaign aims to enhance health care at Saskatoon City Hospital through purchasing new equipment, resources and technology. Past Ouzopalooza proceeds have helped purchase retinal and Fundus cameras for the Eye Care Centre at the hospital. These tools provide more accurate imaging that allows for better diagnosis and treatment.

BRIDGES PHOTOS BY LIAM RICHARDS



ON THE SCENE



1. George Kasmas and Kayla Schwan
2. Manolis and Genevieve Barlas
3. George and Delphine Poulos
4. Alex Bita, Smey Barlas, and Marc Barlas
5. Justin Boychuk and Wendy McLean
6. Jackie Tennant and Cherie Sotjeyewick
7. Artistic sculpture is prominently displayed
8. Darcy and Cheryl Toftin
9. Tom and Darlene Spence

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IN THE CITY

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Eat your heart out



Allen Juen enjoys a treat from Scooby-Doo food truck during the Food Truck Meet at the Sullivan Curling Club on May 23. *Photo by JAM News*

ASK ELLIE

Secrets and lies will make a relationship intolerable

Q. My boyfriend and I have been together 14 years. Living together for 10.

Whenever I raise the subject of marriage, he gets very excited and talks about it. Yet he's never proposed. We have a son, age five.

He works hard, does the very much, and loves spending time with me at home. We have a very consistent life. At our family and friends are proud of us.

We both work, with combined earnings over \$100,000. We live in a tiny apartment with laundry facilities 30 floors down, and I want to go to buy a house. He says he isn't ready financially for the big responsibility of home ownership. He did agree to rent a townhouse.

When the owner asked for three old background checks, I learned that he's a co-owner of three houses — one where his parents live, the others for his brother and his grand mother. All bought in the last eight years.

His name is on all these mortgages. He's never mentioned any of this

Ask Ellie



to me. When confronted, he said he's doing them all at a slower and will never receive money from these houses.

Rare landlords turned as down considering this a shady situation. I was furious, but he won't remove his name from these houses.

Recently, his father bought a new car which I discovered belongs to my boyfriend though he doesn't drive it. He also didn't share this with us.

I'm now questioning my relationship with his together and our future. Putting all his other family first makes me want to walk out.

Very disappointed and lost.

A. Once you know the truth, living with secrets and denials becomes intolerable.

Your boyfriend is neither open nor trusting of you. That makes him untrustworthy to you. You cannot be sure any more of what he says is real, a savings, an excuse or a lie.

Depending on where you live, you have some common law protections but he's prevented you from having shared assets.

Get proactive on behalf of security for the yourself and your child. Talk to a lawyer and learn your rights.

Also, ask whether anything like would put you in a worse position if these things truly are shady.

Your "very comfortable life" now has harmful, messy shadowing it. You'll have to decide if you can live with loss as before, or cannot.

Q. My mom left my dad when I was in my early life. He soon found a girlfriend, the doesn't do well alone. However, though I tried to like her, this woman's always treated me like a bratty kid in the way of her relationship with him.

I'm married, well-educated, financially independent, housewife

in my late 30s.

She makes snide comments about my dogs, even in my own home. She's cut me off from the family out tag, which I've been going to since a youngster. She's opinionated and judgmental.

Since their last visit, I'm consumed with anger and heartbreak about the damage I feel has happened to my relationship with my dad. How do I deal with her in future? I'm not comfortable with confrontation and don't want to hurt my dad.

Devastated Daughter

A. Try to see your dad on his own, if that's ever possible. Maintain an emotional relationship with him, but never badmouth her.

Ignore dog comments — she's just getting a workup. When they visit, hire a dog walker for the period of time.

Occasionally do something nice to disarm her — e.g. flowers for her birthday. Get tokens for something interesting and go out as two couples.

It's the complexities she fears, be-

cause she knows your father loves you.

Q. I'm in my first year of middle school, in the same class as my best friend. We met a few other nice girls.

At first we didn't hang out with them then slowly we did. Now it seems that I'm acceptable to them.

They're completely taking over my best friend. How do I get them to notice me and how do I get my best friend back?

Totally Disoid

A. Some friends can be very flexible because they're desperate to be popular. You're not like that, you're a loyal person who just wanted to get together in a good group. Hold onto that value. You're not invincible, but your best friend turned out to be insecure.

Tell her you hope that she isn't saying to these girls, since they don't have the bond you two once shared.

Then talk to other girls, and be open to other friendships. You'll find other good people.

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Age-in-Place Design includes 36-inch wide doorways, spacious floor plans and a seven-foot, barrier-free walk-in and shower enclosed in glass.

Every life-lease suite receives one outdoor parking stall in the on-grade, heated parking, with adjacent individual dry-walled storage rooms. Residents enjoy free access to the numerous attractive amenity spaces.

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MUSIC

Wed., May 27

Good Lake Swimmers w/ The Weather Station
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Fernie Turrell
Bulls on Broadway
817 Broadway Ave.

Words & Music Series Go Wild w/ The Basement w/ Candace Savage and The Last Days
The Basement,
204 Fourth Ave. N.

The Reverend Horton Heat w/ Nekromantik and The Blinks
Amigos Centre,
806 Duffin Ave.

Crooked Timber
Capital Music Club,
244 First Ave. N.

Smokin' George
Piggy's Pub and Grill,
1403 Highway 56 N.

Whitney Rose
Village Guitar & Amp,
432 20th St. W.

Thurs., May 28

Jesse Cook
TOU Place,
35 22nd St. E.

Maria Band Night
Trade Creators Restaurant & Lounge,
1-227 Freshhouse Dr.

Bettie Laette
Broadway Theatre,
715 Broadway Ave.

Fernie Turrell
Bulls on Broadway
817 Broadway Ave.

Swedishhop Union's Pagan Halls w/ Ivonne Dale, DJ Heywood, Alpha K33M and DJ CMR



Surfbeat Music Club will perform Thursday at TOU Place. Photo courtesy of events

Amigos Centre,
806 Duffin Ave.

Greg Macpherson w/ Geoff Smith
Capital Music Club,
244 First Ave. N.

The Archivist w/ Des Skies, The Narbo and Capt. Pickard
Vergil's Tavern,
801 Broadway Ave.

Fri., May 29

Screamer
Bulls on Broadway,
817 Broadway Ave.

Piano Friday: Maurice Drouin

Roots Series: Rock of the Bus, the Roadbush and A. Draym Too-Few
The Basement,
204 Fourth Ave. N.

Driftwood
Army & Navy Club.

309 First Ave. N.

Stightly Off-Centre
Michael Matthews,
300 Eighth St. E.

Lean Dubs
Fairfield Senior Citizens' Centre,
124 Richmond St.

Leung's Lounge
Boon Town Tavern,
3330 Highway 56

Slow Down, Melissa w/ The Marie LePage Project and The Avulsions
Amigos Centre,
806 Duffin Ave.

Alou Finkelmiller's Capital Music Club
244 First Ave. N.

Grid Pictures w/ Germanah and Quincea Tons
Vergil's Tavern,
801 Broadway Ave.

The Wrights
Piggy's Pub and Grill,
1403 Highway 56 N.

Idle Reins
Stan's Place,
308-10 10th St. E.

Sat., May 30

Screamer
Bulls on Broadway,
817 Broadway Ave.

Piano Setbacks: Neil Carle
Piano Series: Tommy Banks and DJ Perry
The Basement,
204 Fourth Ave. N.

Driftwood
Army & Navy Club,
309 First Ave. N.

Ralph's Rhythm Kings
Downtown Legion,
606 Spadina Cres. W.

Lady Hawk
Nutane Legion,
3021 Louise St.

Moss Hall: Trio
Michael Robinson,
3302 Eighth St. E.

Sheligan Jenks w/ Anna Haverstock and Fern Amigos Centre,
806 Duffin Ave.

Johany Two-Fingers and The Deformation w/ The Reelions
Vergil's Tavern,
801 Broadway Ave.

The Wrights
Piggy's Pub and Grill,
1403 Highway 56 N.

Idle Reins
Stan's Place,
308-10 10th St. E.

Sun., May 31

Acoustic Jam
Bulls on Broadway,
817 Broadway Ave.

PHOX w/ The Russ
Amigos Centre,
806 Duffin Ave.

Alan Rae
Capital Music Club,
244 First Ave. N.

Russ Prewitt: DJ Scott Tarnas, DJ Heywood, MC Mush
O'Brien Event Centre,
241 Second Ave. S.

Mon., June 1

Blackberry Wine Band
Bulls on Broadway,
817 Broadway Ave.

Tues., June 2

Oliver Eagle and Alan the Moonbeam
Bulls on Broadway,
817 Broadway Ave.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thestarphoenix.com

ART

MandelART Gallery

Until June 7 at 950 Spaulding Cross. E. Spring exhibitions. The Fifth World with works by 11 Indigenous artists, a 3rd annual School Art, and the NBC Artivity by Artists membership exhibition. Time and Walter, with works by Dee Gibson and another Terry Billings. Reception for all opening exhibitions May 28, 6 p.m. Launched at the reception, Tribes Indigenous Art symposium runs May 29-30 at La Habela. Check out the closing sale in the Gallery Store. The gallery will be closed June 8.

Gallery on Third, Wetmore

Until May 27 at 152 Third Ave. E., in Wetmore. Children's art exhibit.

The Gallery at Phoenix Maricopa Central Library

May 27 to July 2 at 311 33rd St. E. in the Portofino of Tempe by Gene Hargrett and Ken Lee Biers. Works from Alagoan Park, Breckenridge May 28, 7 p.m. to 9 p.m.

The Gallery at Art Placement

Until May 29 at 208 Third Ave. S. The Old, 1995-2006, celebrating over 40 years of works on art by Diversity Kio Lewis.

Black Spruce Gallery

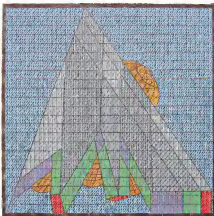
Until May 29 at Highway 2 at Northside Spring. Finally works by Cheryl Tack-Talton, Danyse Kietel, Jacqueline Page Miller, Cam Farnest, Angela Morgan, Jennifer Sparacio and more than 20 Canadian artists.

SOYAP Art Gallery

Until May 29 at 253 Third Ave. S. Inks and Red Ribs by Gae Lauer and Debrae. 3 p.m. Stacie Husak runs June 1-10 Reception June 2, 7 p.m. to 9 p.m.

AKA Artist-run

Until June 30 at 424 26th St.



CMW © 27 Universal Church by Gerd Porya is on display at Green Art Collected Home

W. Revisited by Gene Gaudin. Opening reception May 29, 6 p.m.

Affinity Gallery

May 29 until July 11 at 913 Broadway Ave. Clay Studio Three 40th Anniversary Celebration. Ceramic works from current and past members of Clay Studio Three. Paul Grealy, Lornea Suter, Amy Thron, El Fernandez, Kim & Betty Kurrella, Martin Tappert, Thelma Howard, Nancy Grammitt and Elaine Russen

330g

Until May 30 at 330 Ave. G. S. Rock Paper, Scissors by Wally Dier and Matthew Shale

Biggie Museum and Gallery

Until May 30 at 105 Third

Ave. W. in Rigger. The Annual Adjusted Art Show. Works by several local artists.

IndieHome Show Showcase

Until May 30 at 760 Broadway Ave. Pearle Elemental, a show of fine art by Cindy Hooper

10th Annual Broadway Art Fest

May 30, 10 a.m. to 5 p.m., on Broadway Avenue. Celebrates Saskatoon's visual art community with various local artists, artbooks and art organizations. Performers can observe, buy, discuss and create art free event with Musical Truck, 3 p.m. to 7 p.m.

Wood-15

Until May 31, 11 a.m. to 6 p.m., in the Galleria Building, 15

Innovation Blvd, Innovation Place. The Saskatchewan Woodworkers' Guild's 37th annual exhibition of fine works. With wood turning and wood carving demonstrations, a showcase of high school student projects, a Scott auction and door prizes. Admission is free.

Dorrell Bell Gallery

Until May 31 at 406-105 2nd St. E. Peirle Landscapes by Dean Francis

Heen Art Studio

Until May 31 at 1818 Louisa Ave. Artwork by Chris Baerman and Charles dauster. Still by Bridget Allen, Nicki Ault and Jacqueline Faye Miller runs June 1-30 Reception June 29, 2 p.m. to 4 p.m.

Westlens Regional Library Through May in Wetmore. Moisture High School exhibit

Art in the Centre

Through May at Parkside Centre, 110 Greiner Drive. Works by Bridge City Artists.

STH Gallery

Through May and June at 80, Thomas More College, 1437 Collette Dr. Bookworms by Monique Martin and Cathryn Miller

Green Art Collected Home

Until June 2 at 210 26th St. W. Chemical Places III: Architectural Representation and the Temperamental Object. New works by Gerd Porya.

Void Gallery

Until June 6 at 3-1906 Eighth St. E. Suite of the Vocation Portraits, black and white photography by Sharon Caskal.

Wild in the City 3

Until June 10 at City Parks Coffeehouse, 801 Seventh Ave. W. A group exhibition by Saskatoon May 29, 7 p.m.

Eye Gallery

Until June 15 at 117-132 College Dr. Photographs by Tim Thomas

Handbook and District Gallery

Until June 20 at 601 Main St., Handbook. Exhibition, an ORAC touring exhibit of Saskatchewan's premiere Channel, a local print project exhibit by Sharon Labarre, runs until June 27

Western Development Museum

Until June 30 at 2610 Lorne Ave. FCB by Wendy Van Meter Echoes in the Ice. Finding Providence ship runs until July 6. A travelling exhibition that uses artifacts, images, audio-visual animations and art.

Kelting Fine Art

Until June 27 on the eighth floor of the Bestborough. Bronze sculptures of wildlife by Tom Schultz and hyper-modern mixed media by William Prestie.

Western Development Museum

Until July 6 at 2610 Lorne Ave. Echoes in the Ice. Finding Providence ship runs until July 6. A travelling exhibition that uses artifacts, images, audio-visual presentations and art.

St. Thomas More Gallery

Until Aug. 27 at 1437 Collette Dr. Acquired by Monique Martin and Cathryn Miller.

Shivehouse Studio & Art Gallery

Until Aug. 21 at 306 Spaulding Cross. W. Artworks by Emily Gaudin, a Canadian artist living and painting at the same time at the Famous Group of Seven. A Peaceful Meditation garden out front features Emily Gaudin's art.

Laurier Museum of Canada

Until Aug. 31 at 910 Spaulding Cross. E. Babar House by photographer Lorian Durey and Kevin Kook

FAMILY

Stars and Stripes

Wednesdays, 7 p.m., in Centre Cinema in the Centre. Choice of two movies each week. A family-friendly environment with lowered lights, dimmed lighting, a changing table and stroller parking in select theatres.

G's Club and Play

July 10 a.m. to 8 p.m., in Bay 4 at 619 South Broadway St. W. in Warren. Saskatchewan's newest indoor playground. Hard to play up to age 12. Visit gskidsworld.com or their Facebook page.

EVENTS

What you need to know to plan your week.
Send events and photos to bridges@thetstarphoenix.com

Fun Factory Indoor Playground

Daily at 1630C Quebec Ave.
A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced-in area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall.
A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear socks in the play area.

Sevens Indoor Playgroup

Thursdays, 9:15 a.m. to 11:15 a.m., through May, at Emmanuel Baptist Church, 1636 As of Dr. Parent-supervised playgroup for kids up to age five. A bounce house and toys for kids, designated infant play area, coffee time for parents. Registration on arrival. Information at sevens@sevensplaygroup.com or their Facebook page.

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15 a.m., and/or Saturdays, 10:30 a.m. to 11:15 a.m., at YogaLife, 2-15 Third Ave. S. Classes taught by Nina Zetti. For parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes include postures, poses, meditation movement, play and song. Classes are six weeks. Register at freedomfrommornings@yogalife.com, 306-361-8852.

Breastfeeding Cafe

Thursdays, 12:30 p.m. to 1:30 a.m., at Westside Primary Health Centre, 3381 Fairlight



Check out the Museum display at the Historical Clothing of the Late 19th-Century exhibit at the Maricopa County Historical Society.

Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

Meaties for Mommies

Thursdays, 1 p.m. at Rainbow Children in The Courts. An adult-friendly environment with relaxed seating, change tables, and stroller parking.

Swing in Swing Circle

Sundays, 9 a.m. to 10 a.m., at Emmanuel Anglican Church, 6-12, 9 a.m. to 12 p.m., at Mayfield United Church, and Friday 6-10, 10 a.m. to 4 p.m., at Emmanuel Anglican Church. The Ministry for parents and preschoolers, ages three to five. Story, song, games, crafts, play and song. Classes are six weeks. Register at freedomfrommornings@yogalife.com, 306-361-8852.

Shop n' Stroll

Fridays, 9:30 a.m. to 10:30 a.m., meet in front of Customer Service at The Mall

at Lawson Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing, and a socializing for parents and babies. Preceptor at freedomfrommornings@yogalife.com. No classes on staff holidays.

Belly Talk at SPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10:30 a.m., at Conley King Branch and on Wednesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour singing and rhymes, then mingle with other parents.

Historical Clothing of the Late 19th Century

May 30, 1 p.m. to 4 p.m., at The Maricopa County Historical Society, 100 N. 1st St. Hands-on demonstration workshop. Explore the clothing that would have been worn when the Mar was new. No registration required. Admission is free and donations are welcome.

Kid Yoga Classes

Agnes five to 10 on Saturdays, 10:30 a.m. to 12:15 p.m., homeschoolers ages five to 12 on Mondays, 10:15 a.m. to 12:30

a.m., at Yoga Life, 2-15 Third Ave. S. Classes taught by Nina Zetti. Help kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically holds with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfrommornings@yogalife.com.

Parental Partner Workshop: Yoga for Children

Thursdays, 1 p.m. to 4 p.m., at Birch Rhythms, 2nd Third Ave. S. Instructed by Nina Zetti. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are six weeks. Register at freedomfrommornings@yogalife.com, 306-361-8852.

Something on Sundays

Sundays, 2 p.m. to 4 p.m., at the Mandal Art Gallery, 1601 Spadina Circle. May 31, 10:30 a.m. to 12:30 p.m. A showcase where his Indigenous perspective, with a focus on stewardship of the land.

Mom and Baby Yoga

Mondays, 9:15 a.m. to 12:30

a.m., at Yoga Life, 2-15 Third Ave. S. Classes taught by Nina Zetti. For mothers with babies as young as six weeks. Time and strengthen your body. Learn relaxation and meditation. Weekly and explore breathwork. Classes are six weeks. Register at freedomfrommornings@yogalife.com.

Postnatal Yoga

Mondays, 12 p.m. to 1 p.m., at Prenatal and Postnatal Health Centre, 248 Third Ave. S. Designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at freedomfrommornings@yogalife.com. No class on staff holidays.

Canadian Light Source

(CLIS) Public Tours. Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Free registration is required. Call 306-557-3544, email public@clis.ca, or visit lightsource.ca/public/visiting-clis.aspx.

Prenatal Yoga

Mondays, 6 p.m. to 7 p.m., at Prenatal and Postnatal Health Centre, 248 Third Ave. S. Taught by a doula and certified postnatal instructor. Information and self-care for a safe pregnancy. Call 306-351-8444 or email pregnancy@yogalife.com. No class on staff holidays.

Move n' Soar Kids Summer Camp

July 18-17 and 20-34, 9 a.m. to 4 p.m., at Market Mall. For ages eight to 15. Dancing, yoga, mind golf, fitness, arts and crafts, and a final performance for parents. No previous experience needed. Register at freedomfrommornings@yogalife.com. Early registration deadline is June 1.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Meridian Wellness, 3100 Eighth St. E. For children ages three to five in the Circle of Trees. Call 306-455-1672.

Read & Relax

The first Tuesday at 10:30 a.m., and Wednesday at 1:30 a.m., each month, at West Side Reading, 3100 Eighth St. E. Suitable for ages two to six. Each month features a related painting project. June 2-3, read "The Day the Crayons Quit" and paint a crayon. Call 306-323-3219.

Playgroup

Monthly and seasonal events. Playgroup at Heart's Learning Community, a group of families inspired by Waldorf philosophy. Playgroup is held at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages four to six can learn about technology and how engineers help develop things. Classes, games, prizes, and clubs with hands-on STEM enrichment activities. Get information and register at engineeringforkids@seasko.ca or 306-919-1888.

BRICK4 KIDZ® Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages. Various lessons in Lego, art, and a safe atmosphere for students to build unique creations, play games, and have fun with LEGO bricks. Visit brick4kids.com or call 306-979-2769.

Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at saskatoonlibrary.ca/calendar/1016.

EVENTS

BY GARY THORNTON



The 37th Annual Saskatchewan Marathon goes May 31, 7:30 a.m., in Delisle Lake Park. Spectators welcome. BY GARY THORNTON

* SPECIAL EVENTS

37th Annual Saskatchewan Marathon

May 31, 7:30 a.m., in Delisle Lake Park. Presented by Petrol's Corp. and hosted by the Saskatchewan Road Runners Association. Marathon, half-marathon, 10km race, 5km race and a Meefus run for kids. Registration deadline is May 28. Visit saskmarathon.ca.

Saskatoon Farmers' Market
Open year-round. Wednesday and Sunday 10 a.m. to 3 p.m., and Saturday 9 a.m. to 2 p.m., farmers are in attendance Tuesday to Friday 10 a.m. to 5 p.m., and Saturday and Sunday during market hours, food service and specialty shops sell upon information at saskatoonfarmersmarket.com. Contact 306-366-6262, saskfarm@sasktel.net.

Reggie's Barbecue House
Wednesdays, 10:30 a.m. to 3 p.m., at St. Paul's United Church, 454 Gilbert Ave. Clothing for babies, children, men and women, and jewelry. Funds raised support the LightHouse project.

May for Carpet Bowling
Wednesdays, 7:15 p.m., at May-

fair United Church. Beginners and experienced players are welcome. For information call 306-651-3361.

Carpet Bowl
Thursdays, 12:15 p.m., at Hudson's Bay Mall, 3021 Louisa Ave. Hosted by the Nistak Senior Ottawa Association. Lunch and coffee are available for a fee.

The Man Mirrors
May 28, 2 p.m., at Abbeyfield House, Saskatoon, 1320 Ave. St. 5. Skills and melodies on spring gracefully. Refreshments will be provided.

YWCA Saskatchewan 2015 Women of Distinction Awards Dinner
May 28, 6:30 p.m. to 10:30 p.m., at YU Place. Presented by YWCA Saskatoon. Celebrate an inspiring group of women and their leadership and contributions in the community. Dinner, silent auction and awards program. Tickets at ywcask.ca or Funds@ywcask.ca. YWCA Saskatoon services.

Zumba in the Park
Thursdays and June 25, 7 a.m. to 8 p.m., at Rivergreen Linear Park. Presented by Rivergreen Community Association. A fit-

ness program that combines Latin and international music with dance moves. Tickets at zumba.com.

MFC Dancers
Thursdays, 7 p.m., in room 12 at Albert Community Centre, 610 Clarence Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries available from the world. First night is free. Visit sifs.nerdsnet.com.

18th Annual Fundraising and Donor Appreciation Event
May 28 in Saskatoon. Hosted by Saskatchewan Friends of the Ukrainian Foundation - Saskatoon Chapter. Celebrating the Ukrainian Canadian Foundation of Twelve Shevchenko, supporting Ukrainian culture in Canada for more than 30 years. Tickets available from committee members or at Weeasins Pharmacy. Information at shevdachukofriends@gmail.com. 306-230-1131.

Adult Canvas Painting Class
May 28-29, 6 p.m., at Well Point Pottery 3/10 Eighth St. E. For ages 16 and up. A step-by-step class in acrylic painting. The project is low lives here. Register at 306-373-3270.

Thank you from the Meewasin & Affinity Credit Union

clean **UP** campaign

April 15th - May 15th, 2015

Meewasin & Affinity Credit Union would like to say thank you to all participants for their hard work in cleaning our beautiful city. It was another record year with more than 28,900 participants!

Schools, community groups, companies and individuals throughout our city pitched in and together made Saskatoon Shine!

Thank you especially to our major sponsors for making this event possible.

Affinity
Credit Union

Loraas

City of Saskatoon

BUS STOP
Saskatoon's Official Bus Stop

The StarPhoenix

Meewasin

7

Thank you also to the following businesses who donated draw prizes for this year's event.

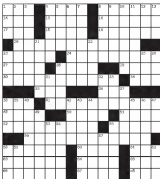
- Delta Beesborough Hotel • Loraas
- Meewasin Interpretive Canoe Tours • Meewasin Gift Shop
- Outer Limits • Persephone Theatre
- Saskatoon Bottled Water Co. • Saskatoon Ex
- Saskatoon Farmers' Market
- Saskatoon Forestry Farm Park and Zoo
- Saskatoon Symphony • Saskatoon Transit
- Shakespeare on the Saskatchewan
- The Prairie Lily, Shearwater River Cruises • Tim Hortons
- Tourism Saskatoon • Western Development Museum
- Wild Birds Unlimited • Wood's Body Goods

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 It rips off the bottom part of a boat
4 Inside the scoria
6 Have the thanks from
14 Greek letter that is also in the L.A. city on its own boards
15 ____ theory
16 The "I" in ____
17 I was (adj.)
18 King Christian or Queen Marjorie
19 Greek after lamp of Solomon
20 Coffee offering
21 Unit of energy
24 There's no wonder some's budget
27 With 32, Down's annual edition of 2009
28 Heavily's canonical candy
29 Kind of an alloy
30 Some childish malady
34 English one-musical
35 "Tiger" ____
36 British business
38 L.A. or often to protest
41 Place to deal in far away
46 Heigh ho, hoister
50 A little musically
51 Muppet with his own "book"



PAUL RYAN'S MATHS AND SAM EDESKY

66 Depert on bags?

71 Arizona city

43 "Over the Rainbow" singer

67 Depert on bags?

72 Row ____ (verb)

44 Newscaster in winter

68 Depert on bags?

73 ____ (verb)

45 Hippie terms

69 Depert on bags?

74 ____ (verb)

46 House wreck

70 Depert on bags?

75 ____ (verb)

47 Young ____

76 Depert on bags?

76 ____ (verb)

48 No ____ producer

77 Depert on bags?

77 ____ (verb)

49 Run a lot

78 Depert on bags?

78 ____ (verb)

50 Chicken topper

79 Depert on bags?

79 ____ (verb)

51 500 ____ (verb)

80 Depert on bags?

80 ____ (verb)

52 West ____ (verb)

81 Depert on bags?

81 ____ (verb)

53 Prostate

82 Depert on bags?

82 ____ (verb)

54 Broadway fields

83 Depert on bags?

83 ____ (verb)

55 Better

84 Depert on bags?

84 ____ (verb)

56 The table judge

85 Depert on bags?

85 ____ (verb)

JANRIC CLASSIC SUDOKU

Lovers Grid

Fill in the blank cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Novice (easiest) to Solver (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 29

Nuts About Nature
At Beaver Creek Conservation Area

Hi kate! My name's Chlo, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chlo,

How do robins find worms to eat and what scares do they use?

Mito

Dear Rita,

Robins are ground foragers, meaning they search and hunt for food on the ground. A robin will run several steps at a time and lift their head from side to side before they dive up to 25 worms in an hour! Scientists have discovered that robins locate worms mostly by sight, which explains why they lift their head to the side so they can easily see below. Many people thought robins used their sense of hearing to detect worms, but this was proven wrong when scientists played loud noises around foraging robins who were successful in capturing worms. Robins have monocular vision, which means their eyes are on the sides of their head and can be used independently to spot worms. Look for foraging robins after a rain, sprinkler use, or after you have trowed your lawn. It is a good idea to bring out the worms and insects on a sunny day, as they are more likely to be out foraging. Bring out the worms and insects on a sunny day, as they are more likely to be out foraging. Bring out the worms and insects on a sunny day, as they are more likely to be out foraging.

Send your questions to me at the address below, then watch bridges for the answers.

Your girl, Chlo

Chlo's Letter Box is at
1000 W. Highway 620
Lodgepole Pine, British Columbia
V0L 1A0
Canada
Phone: 250-252-1234, 250-252-1234
Email: chlo@beaverbrook.ca



Meewasin



From your heroes to your traders and homesteaders to suffragettes, **Saskatchewan History** magazine is packed with stories & photos that reflect our heritage.

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Makes a terrific gift for the history buffs in your life!



GARDENING

GARDENING IN SASKATCHEWAN

New dogwood a perfect fit for our prairie climate

By Eri Svendsen

Growing up on the West Coast, I thought I knew dogwoods.

There we had the Pacific dogwood (*Cornus nutkana*), a medium-sized tree with large, crummy white flowers — a great ornamental and B.C.'s floral emblem. When I moved to the Prairies to study horticulture, I learned about the many ornamental dogwood cultivars (C. alba) with variegated leaves (green and white, white and yellow-green and yellow), solid coloured leaves (double yellows, some with red edges, dark green with a purple cast, bright green), coloured stems (bright coral, yellow-purple — brightest colour on young branches in early spring) and white or blue berries. Most grow to be large, two to 2.5 metres tall specimens but a few are dwarfish. These are very dependent and adaptable shrubs that grow in sun to nearly full shade. They prefer moist conditions but can tolerate some dry periods. They're not too particular about soil type or pH, and they make a great background to the shrub border, especially the lighter coloured leaf types.

During my graduate studies, I grew literally thousands of native red osier dogwoods (*C. sericea*) in the greenhouse and field — these I got to know very well. Generally, red osier dogwood is a large shrub with insignificant white flowers, medium green leaves and sticky green/silky to leaved stems. It's usually found in moist, protected areas. It's usually used for medicinal and nutraceutical, in shelter-belts for slowing ground-level winds and catching snow, and as a green backdrop or filter on screens.

It's described as a tree tolerant shrub which you should consider as it recovers well after deer browsing (at during fall and winter).

So like I said earlier, I thought I knew dogwoods or at least what was available to me on the Prairies in that category. There, inevitably in search of a replacement shrub for



The bright, strong tones of the Neon Sunset dogwood which can tolerate full sun, will light up even the darkest corner of your garden in late-summer till, September.

some under-performing ones in my garden. I once across a new dog wood cultivar, Neon Sunset, a C. alba selection. Developed by Ron Bough on Shalimar Nursery, Wilday Farm, Manitoba and introduced by Ripkinds Nursery just this spring, it has strong bright yellow leaves able to light up the darkest corner.

However, it takes full sun unlike some of its ornamental cousins whose leaves may get a bit scorched

under the scorching sun. It is also reported to be heat tolerant, meaning it won't wilt during the dog days of summer.

Following a showy summer, the leaves provide some fall dazzle in tones of purple, red, yellow and orange. And into winter, the bare, glossy scarlet branches are sure to draw the eye (much spring, remove southeast of the widest branches to encourage new, bright growth

for next winter's display. Thankfully Neon Sunset does not become a mess by crowding everything out. Compared to other dogwoods, it matures at a modest 1.5 m tall and wide.

I'm quite excited by my new find. And since it is hardy (zone 3) and has relatively few pests, I'm sure it will find a home in any garden much longer than the 300+ trees they've replaced.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, hortsoc@shaw.ca). Check out our Bulletin Board or calendar for upcoming garden information sessions. Gardening at the U of S workshops (May 30, 31, 32), Shop & Shop — Prairie Water Gardening Society (May 29), U of S Plant Plant Sale (June 13-14) and Learn Place & 4.

Celebrate Living Well!

Ask about
singles available in
our Memory Care
Community

BRIGHTWATER
SENIOR LIVING
OF STONEBRIDGE

Saskatoon's Premier Retirement, Personal Care, and Dementia Care Community

Celebrate living well at Brightwater Senior Living of Stonebridge. Rest assured knowing that you can continue experiencing an active retirement lifestyle while enjoying all the amenities of this exceptional community. If the time comes when assistance with care is needed, there is no need to leave again. A variety of personal care services are available right in the privacy of your own suite. Stop by for a tour today to learn more.

Studio, One-bedroom and Two-bedroom Suites Include:

- Three delicious chef prepared meals daily
- All utilities including expanded cable TV (except telephone)
- Weekly housekeeping and linen services
- Scheduled transportation
- Intellectual and recreational activities and outings
- Fitness programs

Community Amenities

- Spa W
- Fitness Centre
- The Bistro
- Coffee Shop
- Library and Tech Centre
- The Chapel
- Hub City Theatre
- Walking paths
- Courtyards
- Raised garden beds
- Barber/Beauty Salon
- Short Stay Suites Available

Ask about our Spring Special!



**STOP BY
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OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, take a picture taken with the finished product and email it to bridgeta@thestarphone.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Zeyden Zorideen. Thanks to everyone who submitted entries!



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PARENTING ADVICE

Your two-year-old — advice with a twist of honesty

By Leanne Italle

NEW YORK — What are toddlers? In the added bonus of *Bunni Laddan*, the mom of three behind the cheeky *Honest Toddler* on Twitter, they're "a cross between a sociopath, a rabid animal, a toddler against a demon and an angel."

Depending on the time of day and the last time they ate something.

Laddan, 31, has flipped the table on her tiny monthly social media persona for a funny new book full of frank and worthy insights for parents. *Toddlers* are *"Broken But Not Faulty"*, out in April from Workman.

The Quebec mom has been herding toddlers, ages two and three, and a two-year-old boy, just good company in the parenting hell-garden. Among the latest are *Adam*, *Monarch's* *You Have to Fg End*, a sequel to his more strictly popular *Go the F to Sleep*, and *I Hear My Little A* by his *Katya* *Alger*.

So much parenting advice, Laddan said, is may too scary. It doesn't reflect the freedom and sets up standards of perfection that serve to shame either than feed the souls of people raising kids. *Bunni*, raising sister takes care of the pressure off, she said.

"Everyone's always projecting their best selves on Pinterest and Instagram, so it is so easy of the parenting books. You know, it's a photo of a child sitting in the sandbox, eating an avocado in a white t-shirt, combed. We know that child didn't eat that avocado. He had a Pop-Tart on the very same life at a mom," Laddan laughs.

She laughs after *gilded* *Toddler* hit Twitter in 2012. Laddan had a deal for a book of the same name. Among chapters of her trailblazing son's adventures are *Medicine* like *Yikes*, *Your Nauseated Rex Lido* and *Growing Your Golden*. And among her devout rite bits is how to play skipping tag with your toddler.

"It's where I'm the tiger and the lion and I don't make eye contact or speak

to you. I just lay there and you just play around the tiger," she offers.

So why would Laddan be thinking about having a fourth kid, considering?

"Because, the thing about it is parenting is still fun," she said. Last year parents think it's still about there, times haven't changed much since her own time was home in Berkeley, Calif., with Laddan and her three brothers.

"She used to tell me that — I didn't know this — 'If you ever decide to run away, you need to take me with you because I'm not sleeping here with these four kids.'"

Q. How can these kids and perhaps a fourth, less your work on *The Honest Toddler* keep you sane?

A. It's very cathartic. Writing from the perspective of a toddler has changed how I interact with them

and one children. I consider their POV, what life looks like to them. Some of my favorite tweets are the ones that point out the hypocrisy of adults. Like "It's hard to take adults seriously when you consider that their greatest fears are Mondays and carpal cramps."

It's all the little things when you wonder what we look like to them.

Q. How do advice and your respect the more brutal aspects of parenting?

A. Parenting is difficult. Everybody knows that, but I think that parents are so surprised at how difficult it is that they assume they're doing something wrong. There's this aspect of shame and secrecy. This helps them realize that they're not alone, they're not failing.

And the thing is, it's just difficult because it's difficult. It's hard to have a three-year-old. It's hard to have a two-year-old. You can't reason with them. They don't take the threats the way older kids do (laughs). Once you accept that in the everyday it gets a little bit easier.

Q. Do you think parents of toddlers take themselves too seriously?

A. Absolutely. Parents just in general. I think social media is to blame in some ways because parents who are parenting in the Facebook age are constantly comparing them



The toddler stage is especially trying for parents, according to 20% of whom are trying to navigate multiple toddler children. The first thing to do is address author Laddan's acknowledgment that it's difficult and take it from there. **ALL QUESTIONS CREDITED**

selves. We have almost too much information. I would say we have more knowledge than maybe traditional times. There's a study that comes out every other day about how this or that is going to kill your child.

So we're constantly we're scared and we're over-scheduled and then there's perfectly normal behavior like toddler temper tantrums or a three-year-old being defiant and it feels impossible.

Q. Did you have trouble coming up with *Toddler* for the new book?

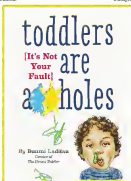
A. I did. If I put forward I write most by at night. I put out after the kids go to sleep around 8 p.m. Then make up around 10 or 11 and write until 3

a.m. It's a really good time to write because it's so quiet. Nobody's asking for a snack. Nobody needs help in the bathroom. Nobody's fighting. Nobody's trying to jump off the top of the couch and land on the floor. You know, just have some fun. Nobody's going to knock it over.

It's the rarest, quietest writing that I've ever done. I was originally going to use a pen name as I thought, "Well, nobody's going to know it's me." My publisher was like, "Oh, about that pen name: 'Book No.'"

And I found my pen name. It was *Alpha King Tyron*.

The Associated Press



Toddlers are Assholes is a New York Times bestseller. Laddan has six chapters in a particularly trying day at home with three kids. **NEWBORN PUBLICATIONS**

Five questions for Bunni Laddan:

Q. Is the new book inspired as the flip side of *The Honest Toddler*? Is it for parents to have their own cheeky voice?

A. Yes (laughs). It's the response from the frustrated parent, eventually I didn't actually plan this. The book came about when I was just having

SHARPEATS

See a food trend you think deserves a highlight in Bridges?
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SASKATCHEWAN FOOD SCENE

Ten ways to reduce your food waste

By Jenn Sharp

How much food do you throw away every month?

For most households, it's a lot — for some, it's enough to feed another family. Food waste is one of the planet's most urgent issues according to UNWFP. North America and Europe are some of the largest culprits: the UN estimates consumers waste up to 115 kg of food each year.

It's not just personal waste. Though there are a number of factors — farms being plowed under to artificially reduce prices, healthy produce that's thrown out because it's not the right size or colour for supermarkets and millions of fish that are discarded as products of aquaculture.

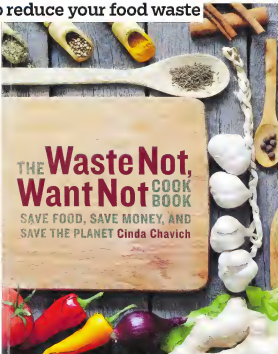
In a world where more than 800 million people are starving, food waste really is a global problem. That's one with solutions and ways you can help every day at home.

The Waste Not, Want Not Cookbook: Save Food, Save Money and Save the Planet addresses it all in an informative, colloquially written format that seeks to both educate and empower readers.

Author Cinda Chavich presents the research behind food waste and why we should care, along with household solutions and recipes. Chavich, a freelance journalist, was inspired to write the book after meeting Dana Gusdars. Gusdars is a project scientist with the Natural Resources Defense Council (NRDC) in San Francisco who studies the impact of food waste on the environment. Future lessons on the NRDC website at switchboard.nrdc.org.

The cookbook is divided into sections by ingredients. Each chapter starts with information on buying, storing and storing that ingredient, followed by recipes with beautiful photography.

It's a book everyone should read, as it will inspire both budding chefs and those who want to do their part for the environment. As a bonus, you'll save money, spend less time in the grocery store and cook awesome meals.



The Waste Not, Want Not Cookbook by Cinda Chavich offers ways consumers can save food, reduce their grocery bill and do their part for the environment. And the same goes for Chavich, a freelance journalist who advocates sustainable local cuisine.

TOP 10 WAYS TO REDUCE YOUR FOOD WASTE

1. Best-before dates are largely unregulated and arbitrary. They may indicate optimum quality but not food safety. Producers are becoming more conservative in response to food safety scares. Most food is perfectly safe after the date. Use your nose and some common sense when you decide to throw out food. (These storage guidelines are outlined in Waste Not, Want Not and at switchboard.nrdc.org.)
2. Plan meals before you hit the grocery store. Only buy as much produce as you can eat in a week. Try focusing a week's worth of meals around a big piece of protein that you can roast on the weekend. A mass chicken on Sunday turns into chicken salad on Monday, quesadillas on Tuesday and so on.
3. Clean out your fridge and use everything before you buy more. Try the white box challenge (which is outlined in the cookbook) to use up leftovers and contain ingredients.
4. Your freezer is your best friend. Package leftovers for a future snack meal along with fruit before it goes bad for use in smoothies and bread for morning toast. Label and date everything.

Continued on Page B6



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SHARPEATS

5. Buy a home vacuum sealer for packaging meats. It will extend the storage time by months and prevent freezer burn. Your freezer's temperature should be between -17 to -18C.

6. Think like a chef and make soup. It's the best way to use an leftovers and ripe produce.

7. Consider downsizing your fridge. If you have a small fridge, you're more likely to cook what you have before buying more food to reduce grocery bills.

8. Plan a potluck dish with friends. Buy in bulk and cook large batches together to freeze. You'll save money food and time when dinner for the week is ready to go.

9. Salad greens wrapped in a paper towel and sealed in a plastic bagged bundle. Put herbs in a strainer jar of water. Don't store apples, bananas, tomatoes or other wet-ter produce. Their ethylene gas makes other produce spoil faster. Make apples or bananas with soft spots into a cobble or sauce instead of leaving them.

10. Processed foods often cost more than whole foods. Spend more of your food budget on fruits and vegetables (40 percent), cut ideal portions and spend a little more time on food prep. This will also reduce your grocery bill.



A twist on an old classic, make this crisp by combining apples and berries in a crisp and a splash of honey. It's an easy way to use apples before they spoil. The recipe is from *The Waste Not, Want Not Cookbook* by Cindy Chewen.

APPLE CRISP

A simple classic dessert and an easy way to use extra apples in your fridge — see Grocery Smith and add a handful of berries for the best taste.

Serves 6 to 8

INGREDIENTS

- > 1/2 cup granulated sugar
- > 2 tbsp. honey
- > 1/2 tsp. ground cinnamon
- > 1/2 cup ground nutmeg
- > 2 tbsp. brandy, Calvados or Grand Marnier
- > 5 large Granny Smith apples, peeled, cored and sliced
- > 2 cups blackberries
- > 3/4 cup all-purpose flour

Topping:

- > 3/4 cup butter softened
- > 1/2 cup whole wheat flour
- > 1/2 cup packed brown sugar
- > 1/2 cup rolled oats
- > 1 tsp. ground cinnamon
- > Pinch salt

METHOD

1. In a large bowl, combine the sugar, honey, cinnamon, nutmeg and brandy, and then add the sliced apples and blackberries. Don't cut the fruit with the spoon and set aside to marinate for 1 hour until the fruit releases its juices.
2. Preheat the oven to 350F. Butter a shallow baking dish.
3. Stir the flour into the fruit and sugar mixture, and then pour the mixture into the prepared baking dish.
4. To make the top mix, in another bowl combine the butter, flour and brown sugar, mixing to form coarse crumbs. Stir in the rolled oats and add the cinnamon and salt.
5. Spread the oat mixture evenly over the fruit in the baking dish.
6. Set the baking dish on a baking sheet (this will save your oven, if say your mini oven), and bake for about 45 to 1 hour, until bubbling and golden brown.
7. Serve the crisp warm with vanilla ice cream or lemon yogurt.

Reprinted with permission from *The Waste Not, Want Not Cookbook*.

WINE WORLD

#SASKATCHEWAN WINE SCENE

Italian Aglianico worth your time to seek out

By James Romanow

About 800 BC a bunch of enterprising Greeks colonized (i.e. conquered, married and started land) the region around Vesuvius now known as Campania.

The Ur-Italians of the area were already tanning local grapes to make wine. The Greeks crafted it the quality and used their superior tools.

Somewhere around the 18th Century AD of various other invaders including Spaniards had come and gone, the region was making wine from a grape called Aglianico. Since then various theories of the origins of the grape have been argued, most of which depend on a riparian mythology claiming "optimal" status or some Helene. Concrete and linguistic have since pored up to point the finger towards the wines of Spain but most drinkers prefer the resources of ancient Greece and the older error as history.

Regardless of the origin, the grape is a high plant that needs a long hot growing season. In short, it is the perfect grape for southern Italy. The grapes can be highly tannic, and to be tamed must be bottled fairly ripe late in the year. For all the tannins in the grape, when the wine is properly made, the tannins in the mouth are fine grained and not overbearing. In fact it makes a lovely wine dark coloured,



with nuances of spice and red fruits that is well worth your time to seek out.

It doesn't show up much on the Province, but the IAVA monthly listed Villa Matilde Aglianico. This is a great example of the wine with that spicy slightly brassy nose and silky tannins. It is already four years old and will cellar for several years more.

Villa Matilde Aglianico 2011 review

Pick wine for summer in Monday's Star Phoenix and something interesting in Bridge Week on Twitter @jrbrown.

Crossword/Sudoku answers

ABY	CANE	NATION
PHI	ACT	TENORS
PEP	DANE	ISAIAH
CR	OST	REPORT
HOONY	HOLIF	PUNCH
IF	OO	ROL
NAME	CALLING	WAX
ROZ	AAS	
HUR	RAIDING	POST
IPIC	POGG	ELMA
WIG	SCOT	BEAGAT
PAIR	DOF	CARDOS
JOANNE	TRON	AMA
UNPEGS	HEAD	TUM
TOILET	YELP	SPY

8	4	5	1	6	7	2	3	9
3	7	6	5	2	9	8	4	1
2	9	1	8	3	4	5	7	6
5	6	3	4	9	1	7	2	8
9	2	8	6	7	5	3	1	4
4	1	7	3	8	2	6	9	5
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6	8	2	9	4	3	1	5	7

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